

PEDAGOGICAL INPUT

for the adventure of family life



67_ Keeping in touch - with ourselves and our children

When we're feeling stressed, our brain goes into danger mode, which means we can react to stimuli at lightning speed. In order to enable this reaction speed, other important areas in our brain are shut down. Compassion and forbearance are no longer paramount, but inactive. We need exactly these fields to stay in touch with ourselves and our children.

Hurry, rush and time pressure - 62 percent of all parents say: "This is our everyday life."

Nicola Schmidt, Erziehen ohne Schimpfen (Parenting Without Scolding), page 54

What stresses parents

"In a survey by Forsa on behalf of the magazine >>Eltern<<, 1000 parents and children were asked how they see their lives. When researchers asked parents what stressed them the most, half of the mothers and one-third of the fathers answered: "I stress myself out with my own demands." Nicola Schmidt, Erziehen ohne Schimpfen (Parenting Without Scolding), page 54

The desire to do everything perfectly despite a lack of time and to have to function pushes many parents to their limits. In most cases, behind these high standards is the need to be seen and heard. We want to feel we are good just the way we are.

What helps

Because we are responsible for our own well-being, we must practice active self-care. In everyday life we can consciously give ourselves permission to allow time for ourselves, see ourselves and ask ourselves the question:

Where do I want to put my time and energy?

Our performance doesn't make us more valuable - we don't have to function all the time, we can "just" be. "My best advice is to look at yourself in the mirror and say out loud, 'I'm the best mum or dad my kids can have right now and we'll all survive with less than perfection. I forgive you my friend for not being perfect!' When you do this (and mean it!) you will feel better about yourself, your competence and limits, and you will have a lot more fun with everyone. If this exercise doesn't ease the burden you put on yourself, seek help"¹ recommends Jesper Juuls, Danish family therapist.

A rethink, mindfulness towards yourself and possible support from outside can strengthen us parents in the long term. Then we will be able to stay in touch in everyday life, not only with ourselves but also with our children.

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Recommended literature:

Nicola Schmidt, Erziehen ohne Schimpfen. Alltagsstrategien für eine artgerechte Erziehung (Parenting Without Scolding. Everyday Strategies for Ethical Upbringing), 2019 Gräfe und Unzer Verlag GmbH, Munich

¹<https://www.symptome.ch/blog/familienprobleme/>